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IN THE CLAIMS:

The following listing of claims will replace all prior versions, and listings, of the claims in the application:

1. (Previously presented) A method for causing a person to develop a skin tone noticeably lighter than the person's natural skin tone, comprising delivering an effective amount of methyl sulfonyl methane to a person for developing a lighter skin tone by ingestion of the effective amount, at least until the person develops a skin tone noticeably lighter than before commencement of the delivery step, wherein the effective amount comprises orally administered doses in an amount of at least 133 mg of methyl sulfonyl methane per kilogram of body weight per day continuing for not less than three months.

2-3. (Canceled)

4. (Previously presented) The method of claim 1, further comprising delivering the effective amount of methyl sulfonyl methane by periodically ingesting in a compound comprising methyl sulfonyl methane and other ingredients.

5. (Original) The method of claim 4, further comprising delivering the effective amount of methyl sulfonyl methane by ingesting the compound further comprising at least one nutrient selected from vitamins, minerals, antioxidants, proteins, and amino acids.

6. (Previously presented) The method of claim 1, further comprising delivering the effective amount of methyl sulfonyl methane also by periodic topical application of a compound comprising methyl sulfonyl methane.

7. (Canceled).

8. (Canceled)

9. (Previously presented) The method of claim 1, further comprising delivering a portion of the effective amount of methyl sulfonyl methane in a compound comprising about 1 to 20 weight percent methyl sulfonyl methane for topical application.

10. (Previously presented) The method of claim 1, further comprising delivering a portion of the effective amount of methyl sulfonyl methane in a compound comprising greater than about 20 weight percent methyl sulfonyl methane for topical application.

11. (Previously presented) The method of claim 1, further comprising delivering a portion of the effective amount of methyl sulfonyl methane in a compound comprising about between about 20 to 22 weight percent methyl sulfonyl methane for topical application.

12. (Canceled)

13. (Original) The method of claim 1, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

14. (Canceled)

15. (Original) The method of claim 6, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

16. (Canceled)

17. (Original) The method of claim 1, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

18. (Canceled)

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19. (Original) The method of claim 6, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

20. (Canceled)